

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

**Rick Scott**

Governor

John H. Armstrong, MD, FACS

State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation**FOR IMMEDIATE RELEASE**

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DOH-LEE CHALLENGE: BITE INTO A HEALTHY LIFESTYLE

LEE COUNTY—The Florida Department of Health in Lee County is working to increase the public's appetite to "Bite into a Healthy Lifestyle" for National Nutrition Month® in March. A new Healthiest Weight Q & A Challenge launches today on the Healthy Lee website www.HealthyLee.com.

Each weekday in March, the public will find a new question or answer about facts and myths of nutrition. You can learn how to cut down on favorite foods (rather than cut them out), how to make calories feed good health and the truth behind low calorie dairy and other foods.

"The education and information campaign is a free gift from Registered Dietitians to help people create the balance that allows room for the foods and activities we enjoy most, and still gives our body the nutrients it needs," said Shannon McEwen, RD, Women, Infants, and Children director for DOH-Lee. "As nutrition experts, we encourage everyone to adopt small changes that lead to big outcomes."

When dessert is served, if it doesn't score a 10 on the taste scale, there's no rule saying you have to eat all of it. Using the Healthiest Weight Q & A information as a guide to make better food choices, and getting your daily exercise, can help you achieve and maintain a healthy weight. A healthy weight can reduce the risk of chronic disease and improve overall health.

The Academy of Nutrition and Dietetics urges everyone who is struggling with eating right to visit with a Registered Dietitian. They are the nation's food and nutrition experts, tasked with improving the health of their patients and the community through food and nutrition services.

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. Florida's county and municipal governments play an important role in increasing the prevalence of healthy weight in their jurisdictions.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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